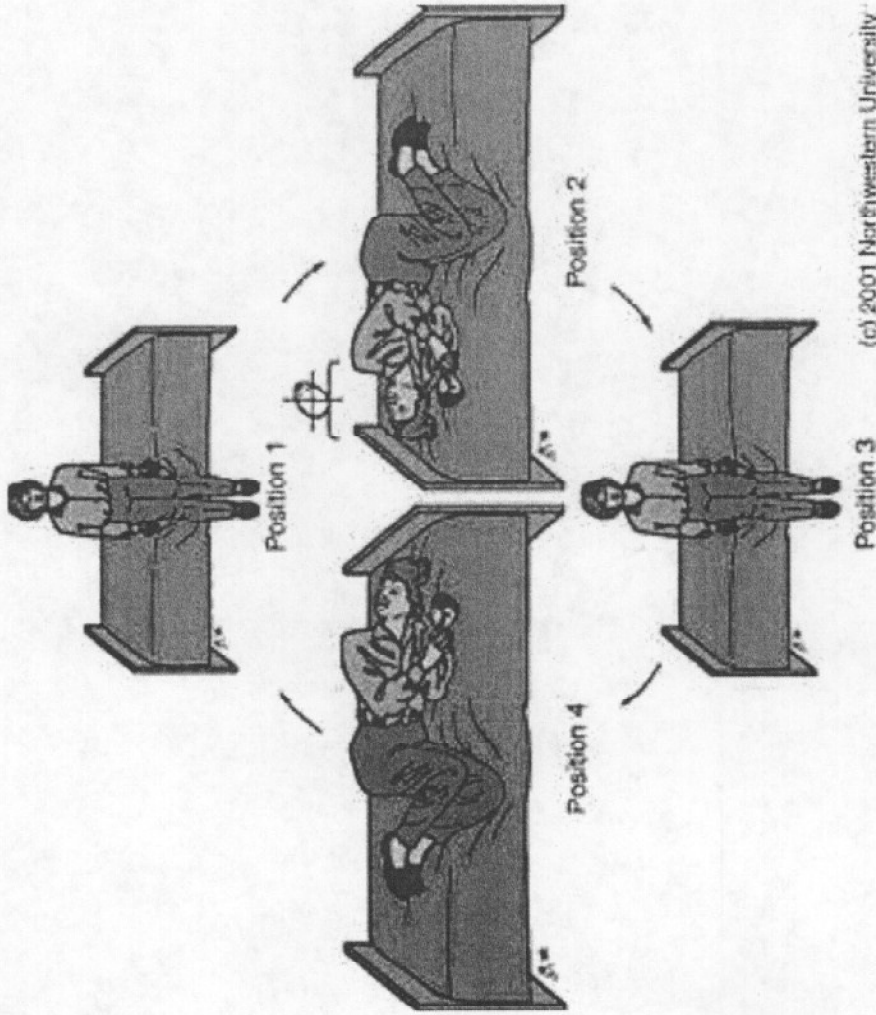


## Brandt-Daroff Exercise – Patient Handout



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- Begin by sitting upright on bed (position 1)
- Lie down onto side. Take no more than 1-2 seconds to do this
- Keep head looking up at 45 degree angle. Imagine someone standing about six feet in front of you, and keep looking at the person's head at all times (position 2)
- Remain on this side for 1 minute, or until dizziness subsides.
- Return to an upright position and wait for 1 minute (position 3)
- Now lie down onto the other side. Again, it should take one or two seconds to get into position
- Keep the head at a 45 degree angle (position 4)
- Stay down for another 1 minute, or until dizziness subsides
- Return to an upright position and wait for another 1 minute.

**This is one cycle (Position 1-4)**

**Repeat cycle 10 times to make one set**

**Repeat 2 sets per day for 14 days (or longer if needed)**

**One set in the morning and one set in the night**